

# Move It 2 Lose It

## Week 4 Tips:

- Finish eating **at least 3 hours** before bed.
- **Set realistic goals** each week. **Write them down** in your journal and try your hardest to stick to them.
- **Cut back on sodas and alcohol**— swap for seltzer water with ice and a fresh lemon or lime slice.
- **Go healthy with a friend**— find a partner to help stay on track with your eating and exercising.
- **Swap out** unhealthy food for a healthier option (don't want to switch cold turkey? Try using half and half!):
  - Coconut oil, grapeseed oil, olive oil, walnut oil, sunflower oil, or flaxseed oil instead of butter
  - Whole grain bread instead of white bread
  - Whole grain pasta instead of white pasta
  - Whole grain cereal instead of white/sugary cereal
  - Natural peanut butter (i.e. Adams) instead of 'regular' peanut butter

## Spaghetti Squash Lasagna:

1 jar spaghetti sauce	1 1/2 lb meat (elk, deer, cow, buffalo, etc.)
2 spaghetti squash	2 peppers (diced)
1 cup part skim ricotta cheese	8 teaspoons parmesan cheese
1 zucchini (diced)	1 yellow squash (diced)
1 onion (diced)	1 cup sliced mushrooms
6 oz part-skim shredded mozzarella	Spices, i.e. garlic, basil, parsley, Italian seasonings

- 1.) To cook squash, cut in half, scoop out the seeds and fibers with a spoon and toss.
- 2.) Place on a baking sheet (cup side down), poke with fork a couple times, place a bit of water in the bottom of the pan, and bake at 350 degrees for an hour (until the skin gives easily under pressure and the inside is tender). Remove from oven and let it cool 10 minutes. Using a fork, scrape out the squash flesh (should look like spaghetti noodles) and set aside.
- 3.) Cook meat and add spices, set aside.
- 4.) Sauté peppers, yellow squash, zucchini, onion, and mushrooms. Then add spaghetti sauce and meat to this vegetable mixture.
- 5.) In large baking pan, layer: 1. Spaghetti squash 2. Veggie/Meat Mixture 3. Cheese
4. Repeat until pan is full. Top with cheese. Cover pan with foil.
- 6.) Bake at 350 degrees for 45 minutes, covered.
- 7.) Bake for additional 15 minutes uncovered. Let sit out 15 minutes before serving (if freezing, cook first, then freeze)

## Drinking ½ Your Body Weight in Ounces?

**No? Here are some flavorful ways to get your daily dose of water**

### Flavor Ideas:

Raspberry Lime  
Pineapple Mint  
Lime

Watermelon Rosemary  
Orange  
Cucumber

Blackberry Sage  
Lemon  
Mint

### Directions:

- 1.) If using herbs, put FRESH herbs in the bottom of a mason jar and grind.
- 2.) Fill the jar about 1/5 full with fresh fruit.
- 3.) Mash the fruit enough to release the juice (but don't completely pulverize).
- 4.) Fill the rest of the jar with ice.
- 5.) Add water and refrigerate for at least 1 hour.
- 6.) Strain the water before drinking.

## Workout Challenge:

### Tornado Twister/Russian Twist

- Sit on the floor with knees bent & heels resting on the floor.
- Using your abs, raise your feet up as high as possible and twist side-to-side touching the floor with your fingertips.  
*Go hard and fast for 20 – 30 seconds, 4 times, resting between each set.*  
**Beginners: start off with feet resting on the floor.**

## Pomegranate Paradise Smoothie:

8 oz pomegranate juice  
5 strawberries  
½ mango ½ peach

Blend all ingredients, adding ice for texture and thickness.

## Snacks under 200 calories:

- Quaker instant apple cranberry almond oatmeal
- Greek yogurt mixed with 1 tablespoon of Nutella
- Black bean chips topped with guacamole (a little).
- Sun Chips topped with two tablespoons of tzatziki dip.